



Back

We're ¹in this together!



Previously...

- Building *strong families* if we're going to be good disciples!
 - Strong Home-and-Church family life...
Ephesians 5/6 Colossians 3
- Build on the foundation of the Word!
 - All the promises to know Him and be like Him... **2Peter 1.3,4**
 - “Make speed to know the word...” **2Tim 2.15** “and be doers of it...” **James 1.22**



Previously...

- Spiritually and emotionally preparing for hard-world encounters!
 - Demon-powers at work to steal, kill and destroy! **Ephesians 6.10ff, John 10.10**
 - All power over evil spirits has been given to believers for use! **Luke 10.19 Matt 17.20**
- Engaging warfare with demon powers who will wait to see if we are 'sure...'



But the kind of faith and surety that works, only comes by *prayer* and *fasting*... getting to know God in intimate ways and ready for hard-world encounters!



Prayer... up close...

- Prayer: proseuche: *earnest, sincere, audible, entreaty*;
 - It has always been the plan that we ask, interact with, God...
 - Biblical to approach and ask God for *our* personal needs... (with familiarity)
 - Unbiblical to ask for the wrong things, or, right things for wrong reasons!



Prayer... up close...

- **Supplication: deesis: *solemn, sincere, clear, 'petition'***
 - Declaration of need for/in certain matters, and our dependence on and partnership with God!
 - Supplication is presenting ourselves before superior authority to ask a specific request or for judicial action!
- ***Practice for...***



Prayer... up close...

- **Intercession: enteuxis: to position yourself as an intermediary for another!**
 - People standing in the gap; to intervene for others, reminds God of Jesus!
 - Powerful weapon of spiritual warfare!
 - *Pray and take the action* it promotes, speak the words it prompts!
 - Great equalizer! Travel the world, the heavens, through intercession!



Prayer... up close...

- More excellent way to prepare for prayer by praying in the Holy Spirit first!
 - “The Spirit of adoption, whereby we cry, ‘Abba, Father,’ bears witness that we are the children of God... And *He helps us in our weakness for we don’t know how we should pray*, but the Spirit Himself intercedes for us... according to the will of God!” **Romans 8.15-27**



“Prayer *and* Fasting...”

- Two of three tenets of our new faith!
 - “When YOU *give...* when YOU *pray...* when YOU *fast...*” **Matthew 6.1-18 ‘Magna Carta’**
- Fasting: not “if,” but “when...”
 - Discipleship precept; *just different* from what it had evolved into: point of pride!
 - Pharisee: “I thank You for making me better than the rest; I fast twice a week and pay tithes of all...” **Lk 18.11-12**



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 - As a precept, *prayer with fasting* can make *giving* more possible!
 - *Softens the heart, pads the wallet!*



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- Fasting: not “if,” but “when...”
 - Discipleship precept; *just different* from what it had evolved into: point of pride!
 - As a precept, *fasting* makes more time to give for focused *praying!*
 - *How much time to prep and eat?*



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- Two of three tenets of our new faith!
 - “When YOU *give...* when YOU *pray...* when YOU *fast...*” **Matthew 6.1-18 ‘Magna Carta’**
- Fasting: not “if,” but “when...”
 - Discipleship precept; *just different* from what it had evolved into: point of pride!
- Fasting: NT: *nesteuo*: To abstain from food. To abstain from food. To abstain from food. To abstain from food. To...



Asides...

- Biblical fasting: OT ‘som:’ to ‘abstain from food,’ Lit: ‘to cover the mouth!’
 - Day of Atonement: fasting as part of *afflicting the soul!* **Leviticus 23.27**
 - In times of distress/penitence! **Joel 1.14 2.15** “call a solemn assembly...”
 - Personal sorrow! **1Sam 20.34 2Sam 12.16 Neh 1.4** “I wept, mourned and fasted...”
 - Personal sins! **Ezra 10.6**



Asides...

- “Daniel’s ten days without the King’s fast food” was not biblical fasting, but dietary separation! **Daniel 1.8ff**
- “Daniel’s 21 days” where he “ate no pleasant meat,” was loss of appetite, mourning for deliverance! **Daniel 10.1ff**
- Daniel’s “*prayer and supplications, with fasting (som)* and sackcloth and ashes...” was fasting! **Daniel 9.1ff**



**Old or New Testament,
fasting was a discipline of
disciples, and it meant
abstaining from food
altogether!**



OT or NT, fasting is an intentional abstinence from food to subdue our flesh, to vent our hearts, *and to draw nearer to God for help!*



Fasting...

- Is not a way to move God; to coerce Him to cave in! **[Samuel 12.16ff]**
- Is one way to maintain weight but a great way to lose the “flesh!” **Ps 35.13**
- Is not a religious ritual but an act of true worship (bowing down)! **Luke 18.11ff**
- Is the way to bolster our faith, to believe what seems impossible! **Matt 17.14-21**



Jesus, on fasting...

- “When YOU fast, don’t be like the hypocrites who put on a show to appear to others to be fasting. Honestly, I’m telling you that *they have their reward!* BUT YOU, when YOU fast, *anoint your head with oil and wash your face (signs of joy)* so that so no one but God sees what you are doing; and the One who



Jesus, on fasting...

- “sees what you are doing will reward you openly!” **Matthew 6.16-18**
 - Not an injunction: ‘don’t share that you’re fasting;’ then no shared needs, causes, group or national repentance...
 - The issue is hypocrisy: making a show of devotion, where there is only a desire to develop a fan base and applause!



“Lay not up for yourselves
treasures on the earth, where
moth and rust corrupt it and
thieves break through and steal
it...” **Matthew 6.19**



“Lay up for yourselves treasures in heaven, where neither moth or rust corrupts it and where thieves cannot break through nor steal it...” **Matthew 6.20**



Jesus, on fasting...

- **“The One who sees what you are doing will reward you openly!”**
 - If the goal is to be truly devoted...
 - to subdue the fleshiness in us all...
 - to show your awareness of the serious situations around you...
 - to subdue your fears and doubts and build up your faith...



Jesus, on fasting...

- “The One who sees what you are doing will reward you openly!”
 - If you can *pray and fast with the signs of joy and celebration*; the statements of sure faith and settled expectation...
- Then you will have your reward of God’s presence, power, comfort, direction...
 - And you will understand the ‘treasure’ of *fasting...!*



**“For where your
treasure is, there will
be your heart also...”**

Matthew 6.21



“Fasting's Treasure!”